

Statistics Report 11024, Balsam-pear (bitter gourd), pods, raw

Report Date: October 04, 2015 22:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	94.03	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Energy	kJ	71	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Protein	g	1.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	1.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	3.70	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003
Fiber, total dietary	g	2.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Minerals													
Calcium, Ca	mg	19	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Iron, Fe	mg	0.43	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Magnesium, Mg	mg	17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	31	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Potassium, K	mg	296	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Sodium, Na	mg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Zinc, Zn	mg	0.80	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Copper, Cu	mg	0.034	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Manganese, Mn	mg	0.089	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Selenium, Se	µg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	84.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.212	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Vitamin B-6	mg	0.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1984
Folate, total	µg	72	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified	
Folate, food	µg	72	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003	
Folate, DFE	µg	72	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2003	
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984	
Vitamin A, RAE	µg	24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003	
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002	
Carotene, beta ¹	µg	190	--	--	150	230	--	--	--	--	1	derived from analytical	--	05/2003
Carotene, alpha ¹	µg	185	--	--	150	220	--	--	--	--	1	Analytical or derived from analytical	--	05/2003
Vitamin A, IU	IU	471	--	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2003
Lutein + zeaxanthin ¹	µg	170	--	--	100	240	--	--	--	--	1	Analytical or derived from analytical	--	05/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008	
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009	
Lipids														
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984	

Sources of Data

¹D B Rodriguez, L C Raymundo, K L Simpson, C O Chichester Carotenoid pigment changes in ripening *Momordica charantia* fruits, 1976 Ann Bot (London) 40 pp.615-624